

When buying sunglasses always look for the UV 400 mark to ensure they will protect your eyes from harmful UVA and UVB rays.

Look for the CE mark which indicates the sunglasses meet European standards.



Contact lenses with a UV filter do not offer full protection from the sun.

Fake sunglasses often provide little or no UV protection from the sun.

Moorfields Eye Hospital **NHS**
NHS Foundation Trust
Looking after your eyes in the sun

Prolonged sun exposure could increase your risk of developing cataracts and macular degeneration.



Try to keep out of the sun between 11am - 3pm when UV rays are most harmful.